

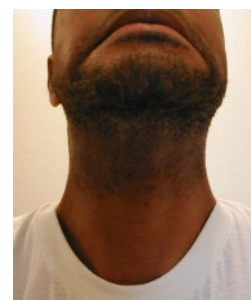
As we all know, playing the saxophone (or any other instrument for that matter) is not a natural activity for the human being. Therefore, it can be at times physically challenging playing an instrument for long periods of time. Although we have purchased our instruments (therefore, it must do what WE say) and not the other way around, the instrument should be designed to fit us. But there is still the action of actually playing the sax that we still have to modify ourselves a little in order to get the best out of our instruments and ourselves.



Here are a series of light, physical exercises designed to facilitate our playing and lessen fatigue. The beauty of these exercises is that you don't have to have your saxophone with you to do them. You can perform these exercises on the train, bus, and car, while walking, anywhere! (Make sure people aren't staring at you. They may consider you for "medical" treatment. ☺ )

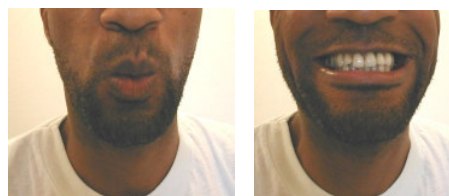
### Exercise No.1: Stretching the neck/jaw muscles.

This exercise gives you more support to the lower jaw. Tilt your head back slightly. Put a big smile on your face so that your teeth show and feel the muscles underneath your lower jaw stretch and pull. This is similar to chewing. Hold each position for 2-3 seconds and repeat 10 times.



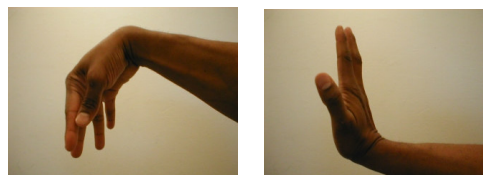
### Exercise No.2: "Doo-wee"

This is an exercise for the muscles involving your embouchure. Say the word "Doooo" with exaggeration, protruding your lips forward. Then say "weeee", again with exaggeration. Pull the corners of your mouth back toward your ears. Repeat this exercise 10 times.



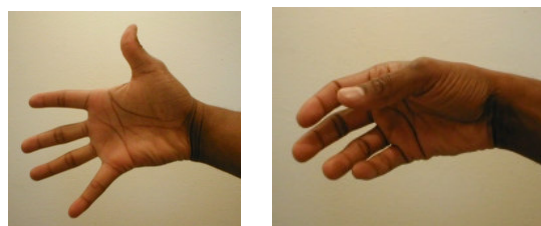
### Exercise No.3: Wrist exercise.

Holding your arm straight out in front of you, bend your wrist so that your palm faces your chest. Hold for 2-3 seconds. Then bend your wrist so that your palm faces away from you to the front. Hold for 2-3 seconds. Repeat up to 10 times. Do not over-do it!

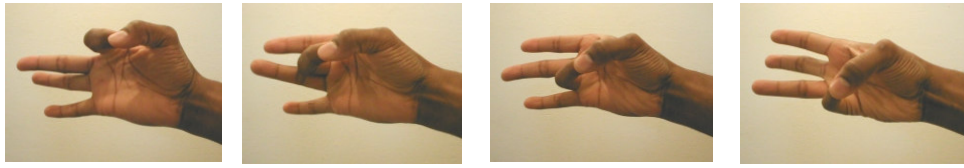


### Exercise No.4: Palm Stretch

Open your hand, spreading your fingers as much as you can. Hold for 2-3 seconds. Relax your hand. Repeat 10 times.

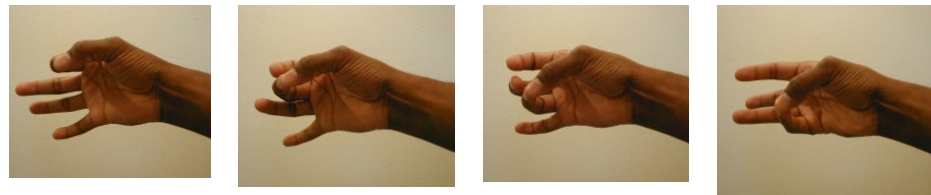


### Exercise No.5: Finger Stretch.



Hold your index finger with the thumb of the same hand. Apply tension by stretching the remaining fingers away from your palm. Hold for 2 seconds. Continue with the middle finger, then ring finger, and finally the little finger. Then do the same backwards. Repeat 10 times.

### Exercise No.6: Finger Game



This is an exercise in agility. Touch the tip of your thumb with tip of your index finger (1), then middle finger (2), ring finger (3), and then the little finger (4). Do the same backwards. Repeat this as rapidly as you can. You may also play this game using other combinations:

1 – 3 – 2 – 4  
1 – 3 – 4 – 2

Have Fun!

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